

COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

Website: <http://www.bedfordma.gov/council-on-aging>

Director: Alison Cservenschi

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • Evening Dept. Assistant: Donna Sokolski

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair: Roberta Ennis



THE ISIS CRISIS:

Who ARE these People? What does ISIS want? Why do they use such inhuman terrorist tactics to push their agenda for an Islamic Caliphate in Syria and Iraq? Month after month we are confronted with ISIS attacks in Turkey, France, Great Britain and threats against the United States. How is ISIS financed? How do they attract young people from western and eastern nations to their cause? How can ISIS be confronted and defeated? Come explore these questions and more with Professor John Kienzle at Bedford COA on **Monday, January 11 at 6:30 PM** in

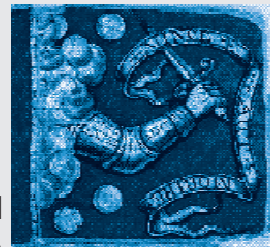


the Flint room. All will be revealed. Don't miss it! Sign up at the Council on Aging by calling (781) 275-6825.

The Bedford Flag

Unfurled

**Friday, January 8 at
12:30 PM**



You've seen our red Bedford Flag waving in the breezes all around Bedford, but do you know why it's so celebrated here? Where did the small red flag come from? And for goodness' sake, whatever happened to its pretty silver FRINGE? Sit down with Town Historian Sharon McDonald and get the real story behind our flag! Please contact the COA to sign up.

Music Through the Decades

In 2010, the Norman Rockwell Museum commissioned David Polansky to develop "Music Through the Decades". The show is a thrilling, fun-filled hour in which the audience is shown how the last hundred years of American and world history have influenced the great American Popular Song Book. Using the keyboard, trumpet and vocals, David brings alive the music of George M. Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael, and a host of others. Music from the gay 90s, Word War I, the Roaring 20s, the Great Depression, WWII, Big Band, Swing Eras, Broadway and the Wild West. David's Louis Armstrong impression is legendary and never fails to thrill everyone! Please join us at the Bedford Council on Aging on **Monday, January 11 at 12:45PM** for this exciting program! Please call (781) 275-6825 to sign up.

Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4



Veterans' Coffee



Wednesday, January 20 at 10:00 AM

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

CONTENTS

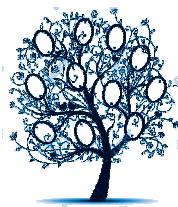
Just for Fun	2
FBCOA	3
Fitness News	4
Evenings	5
Calendar	6
Trips/ Movies	7
For Your Health	9
Need to Know	10

❀ JUST FOR FUN ❀



Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **Saturday, January 2** if your special day is in January!



Genealogy Club

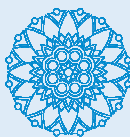
Join us every month for a trip down memory lane. Meet with other folks that enjoy researching their family tree! This club meets on the 2nd Wednesday of each month.



Adult Coloring For Therapy ...or Just for Fun! Friday January 15th at 12:30pm



Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with your hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!



Nom de Plume Writing Group

Tuesday January 5 & 19 at 1:00PM

Have you ever thought you might like to try your hand at writing? Perhaps leave stories for your children or grandchildren ...or just to see if you can put a poem on paper! If so, come join us at the Nom de Plume Writing group on the first and third Tuesday of the month from 1-3 PM. We are a friendly, fun and non-threatening group of people. All you need is the willingness to try, a notebook and a pen! Who knows it might just open up your world anew? Hope to see you there!



Bedford Memories: Stories of a Small Town

On Wednesday, January 13th at 12:30PM, the COA will be showing a new documentary created by video producer and Bedford resident Leslie Wittman and supported by Carleton-Willard Village. This living history chronicles life in Bedford throughout the last century as it grew from a small farming community to the vibrant town it is today. It features the stories of eleven longtime Bedford residents who shared their memories of a town that's a wonderful place to live and work. Interspersed with lots of historical photos, the interviews present engaging and often amusing snapshots of Bedford life in the days long before computers and cell phones.



Breakfast and BINGO

Tuesday, January 19 at 9:30 AM

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



Calling all 55+ artists for our upcoming:
2nd Annual

Jacob Wren Throckmorton
Memorial Art Show
April 8th & 9th

Please consider submitting your artwork of **any** medium for display at the Council on Aging:
Black & White Photography, Oil on canvas, Sculptures, Mosaics, Rock Art, Crafts
To arrange for pick up or drop off contact:
coa@bedfordma.gov, subject line Art Show



Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.





Library Book Discussion: *Someone* by Alice McDermott Tuesday, January 26 at 1PM

In this deceptively simple tour de force, McDermott (Charming Billy, winner of the National Book Award) lays bare the keenly observed life of Marie Commeford, an ordinary woman whose compromised eyesight makes her both figuratively and literally unable to see the world for what it is. When we meet her on the steps of her Brooklyn townhouse, she's a bespectacled seven-year-old waiting for her father; McDermott then leaps ahead, when Marie, pregnant with her first child, recalls collapsing at a deli counter and the narrative plunges us into a world where death is literally just around the corner, upending the safety and comfort of her neighborhood; "In a few months' time, I would be at death's door, last rites and all," she relates. We follow Marie through the milestones of her life, shadowed by her elder brother, Gabe, who mysteriously leaves the priesthood for which everyone thought he was destined. The story of Marie's life unfolds in a nonlinear fashion: McDermott describes the loss of Marie's father, her first experience with intimacy, her first job (in a funeral parlor of all places), her marriage, the birth of a child. We come to feel for this unremarkable woman, whose vulnerability makes her all the more winning and makes her worthy of our attention. And that's why McDermott, a three-time Pulitzer nominee, is such an exceptional writer: in her hands, an uncomplicated life becomes singularly fascinating, revealing the heart of a woman whose defeats make us ache and whose triumphs we cheer. Marie's vision (and ours) eventually clears, and she comes to understand that what she so often failed to see lay right in front of her eyes.

Agent: Sarah Burnes, Gernert Company. (Sept.) (c) Copyright PWxyz, LLC. All rights reserved.



SCIENCE & TECHNOLOGY CLUB All are welcome!

We will be continuing our series, *How the Universe Works*. This series has been described as "a user's guide to the cosmos from the big bang to galaxies, stars, planets and moons. Where did it all come from and how does it all fit together. A primer for anyone who has ever looked up at the night sky and wondered." Please join us on **Monday, January 4 at 10AM** for episode 8, *Alien Moons: Moons come in every possible shape and size. Home to incredible natural phenomena like gigantic geysers and colossal volcanoes, moons also offer perhaps the best chance of finding alien life in the universe—and they probably exist in the billions.* This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!

Grief Support Group

Please join Marjie Cahn, LICSW, EdD on Friday, January 8 & 29 at 1:30 PM. This group will focus on recent loss & coping strategies for everyday life today, and going forward. Please be prompt! No admittance after group begins. Closed door sessions. Please sign up at the COA.



Could You Use Some Help With Home Heating Bills?
Applications for fuel assistance are currently being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of \$33,126 for a one-person household to \$43,319 for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

Friends of the Bedford Council on Aging Next Meeting: Tuesday, January 12 at 1:00 PM

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

FBCOA Annual Membership Dues 2015—2016

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5 /day



OsteoFitness:

Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. \$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825. **Session Dates: 1/22-3/29**

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and meditation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera. **Will re-start in March.**

Drop in rate for the above classes is \$10 per day

Tap Dancing

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! **Session runs January 5– February 23.**



Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA

COA CINEMA ~ 6:45 PM

January 6 *Love & Mercy* (2015) PG-13 This candid biopic traces the winding path of Brian Wilson, creator of the Beach Boys' unique sound. Battling mental illness, Wilson traded stardom for an isolated existence in the 1960s but returned to the stage in the '80s after taming his demons.

January 20 *Danny Collins* (2015) R Clinging to memories of his 1970s heyday, former rock star Danny Collins gets a wake-up call when his manager finds an unopened 40-year-old missive written to Danny by John Lennon. Newly inspired, Danny decides to reinvent his future.

January 27 *He Named Me Malala* (2015) PG-13 Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts.

Ongoing Evening Programs

Single Again: Tuesdays at 7:30
Sit & Stitch: Mon & Weds at 6:30

Pizza Party!

Wednesday, January 13 at 6:45PM

Winter is on its way, the holiday season is almost upon us... Let's get together for an informal evening of pizza, hot coffee and interesting conversation with old friends and maybe meet a new one or two! Please let us know if you will attend. Just \$3 per person.



Evening Adult Coloring

Monday, January 4 & 25 at 6:30 PM

Bring a friend and join the latest craze! The Council on Aging has colored pencils and some coloring pages for you to use... or bring your own! Come and relax with us now that the holiday season has passed. Coffee and tea will be available.



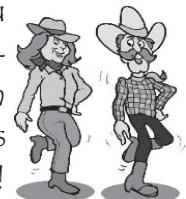
PICKLEBALL - NEW & POPULAR!!

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court and slightly modified tennis net. Check out www.usapa.org for detailed information. Some paddles will be available on a first-come basis. Free!

Fridays in January at 6:30-8:30pm, continuing in November. Location to be determined. Pickleball is very popular for seniors in surrounding towns. The COA is able to provide instruction as this program grows in popularity in Bedford. This program is presented in collaboration with Bedford Recreation.



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 ☆ **Beginner's Folk & Line Dance!** ☆
 ☆ Have you ever wanted to try line dancing ☆
 ☆ but didn't think you could do it? Join ☆
 ☆ Jim at the Council on Aging Café on ☆
 ☆ Mondays *exactly* at 7:00 PM with your ☆
 ☆ 'two left feet' for folk & line dance ☆
 ☆ lessons. We'll teach you ☆
 ☆ from the first step! Soft- ☆
 ☆ soled shoes preferable. Jim ☆
 ☆ Banks is offering these classes ☆
 ☆ free of charge! Please join us! ☆
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1:00 Coffee 1:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>Charade</i>
9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit & Stitch/ Adult Coloring 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Acupuncture 7:30 Single Again	9:00 Reiki Clinic/ Exercise/ Fix It Shop 10:00 Computer Club/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>Love & Mercy</i>	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Art Class 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 Town Historian 1:00 Scrabble/ Nurse's Hours / Line Dancing 1:30 Grief Support 6:30 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Little Boy</i>
9:00 Exercise 9:30 Chair Yoga 10:00 BINGO 11:15 Floor Yoga 11:45 Lunch 12:45 Music Thru the Decades 1:00 Poker 3:00 Handcrafts 6:30 Sit & Stitch/ ISIS 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:30 COA Board 1:00 FBCOA 2:00 Computer Drop-In 4:00 Acupuncture 7:30 Single Again/ Great Books	9:00 Exercise/ Fix It Shop 10:00 Genealogy/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise Bedford Memories 6:30 Sit 'n Stitch/ Learn to Stitch/ Pizza Night	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Art Class 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing 6:30 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Grace of Monaco</i>
CLOSED  MARTIN LUTHER KING JR. <i>Day</i>	9:00 Fix It Shop/ 9:30 Exercise/ Breakfast & BINGO 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Vets Coffee / Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Chinese Culture 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>Danny Collins</i>	9:00 Muscle Care/ Fire Safety Breakfast 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Hearing/ Art Class 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	Podiatry 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch/ Posture & Exercise 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:30 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Marnie</i>
9:00 Exercise 9:30 Chair Yoga 11:15 Floor Yoga 11:45 Lunch 12:30 Dale Tamburro 1:00 Poker/ Nurse's Hours 3:00 Handcrafts 6:30 Sit & Stitch/ Adult Coloring 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Book Discussion 2:00 Computer Drop-In 4:00 Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>He Named Me Malala</i>	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Art Class 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble/ Line Dancing 1:30 Grief Support 6:30 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Man from U.N.C.L.E.</i>



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THIS SPACE IS
AVAILABLE

Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday January 11 at 10:00 AM for a chance to win token gifts.
- Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group!
- Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!
- Texas Hold 'Em Poker!** Join the game each Monday at 1!
- Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!
- Play Mah Jongg!** Wednesdays beginning at 11:00! All are welcome! Lessons available!
- Play Duplicate Bridge!** Please call ahead to put your name in for substituting. (Tuesdays & Thursdays at 11:00)
- Science & Tech Club** Join us Monday January 4 at 10:00 AM for this exciting conversation!
- Talk to Your State Rep** Please call the Council on Aging to find out when Ken Gordon will be here to talk with you about state issues.
- Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.
- Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!
- Genealogy** Explore your family tree on Wednesday January 13 at 10:00 AM
- Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!
- Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
- Line Dancing with Katrina** Fridays at 1 PM. The class costs \$3 (paid to instructor).
- Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!
- Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on January 12. (Snow Date: 1/19) **Forster, E.M., *A Passage to India***, Mariner Books. Newcomers are always welcome!
- Learn to Stitch!** Join the crafters on Wednesdays at 6:30 PM.

Saturday Movies begin at 1:15 PM

January 2 *Charade* (1963) NR Cary Grant stars as Peter, who may or may not be a flimflam man who aids the recently widowed Regina in her mission to recover a fortune hidden by her late husband. But three sinister crooks -- who'll stop at nothing -- also covet the loot.

January 9 *Little Boy* (2015) PG-13 An 8-year-old boy with developmental challenges is devastated when his devoted father -- and lone friend -- is drafted during World War II. With his dad out of the picture, the youngster is determined to fight the bullies who torment him at school.

January 16 *Grace of Monaco* (2015) NR Six years after Grace Kelly's storybook life led her to become the Princess of Monaco, the actress weighs an offer to resume her career in Hollywood while helping her country in a dispute with France.

January 23 *Marnie* (1964) PG Blonde ice princess and habitual thief Marnie Edgar uses her looks to gain the confidence of Philadelphia playboy Mark Rutland, who begins to fall for her only when he realizes she's planning to embezzle money from his insurance company.

January 30 *The Man from U.N.C.L.E.* (2015) PG -13 With both their countries threatened by a powerful global crime cartel, the CIA's Napoleon Solo and KGB operative Illya Kuryakin must work together in this Cold War thriller inspired by the classic 1960s TV series.

Thanks to the FBCOA for our funding!

Trips! Trips! Trips!

Any trips or shows
you would like to see us offer?
Contact the Council on Aging at
(781) 275-6825.
We would love to hear your ideas!

THIS SPACE IS
AVAILABLE

LET US PLACE
YOUR AD HERE.

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For Your Health





Nurse's Hours

On Friday, January 8 & Monday, January 25, Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry

Dr. Bryant Tarr will be at the COA from 8 -11 AM on Friday, January 22. Please call to let us know you are coming. This is a "first come, first served" clinic.

 The cost is  \$30 for each treatment.



Free Hearing Clinic


Apex Hearing Care, LLC Custom Fit and Service Hearing Aids Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on Thursday, January 21 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

SHINE

(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available:

Tuesday, January 12 & Tuesday, January 26 from 10AM-12PM.

Please call to make an appointment!

 If you cannot leave your home, they will call you.

2016 Medicare Part B Premium Info

You may have heard your Medicare Part B premium is going up. This is not true for everyone! Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month.* Those newly enrolled in Part B this year will likely pay \$121.80 per month. People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636) then press or say "3". Once you get the SHINE answering machine, leave your name and telephone number and a volunteer will call you back as soon as possible.

**There was no cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced*

Exercise Promoting Good Posture

Friday, January 22 at 10:00 AM

There is a good reason your mother told you to sit up straight! Slouching can cause more mental and physical complications than most people realize. Besides being aware of the incorrect posture, we need to focus on exercise in strengthening the muscles to maintain our stance. Come join the Community Health Nurse to learn movements and exercises in strengthening the muscles that we often neglect. You will also learn the proper ways of standing, walking, sitting and lifting, so we can eliminate harms to our body and reduce pain.

**Muscle Care Clinic
With Wayne Durante,
LMT**

**\$10 for 10 minutes
Thursdays beginning
at 9:00 AM
Please call the COA for
an appointment
781-275-6825**

**Acupuncture Clinic
With Dr. Suraja
Roychowdhury**

**\$35 per visit
Tuesdays 4-8 PM
Please call for an
appointment**

Take a Hike! - Thursdays at 10:00 AM

The Community Of Active folks (aka the COA) has an active hiking group! This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at slgrieb@comcast.net. Hikes are as follows:

Thursday hikes will continue during the month of January! We will let the weather determine what kind of hike, walk or activity we do. If the weather is good we will hike in some of the conservation lands. If the woods look like they will be too slippery to walk using our Yaktrax Pros (go on-line to see these cool shoe/boot additions or check out a pair at the COA) then we will walk on some beautiful back roads. And when the weather is really bad, we can go bowling, walk in a mall or try something else. No matter the weather, we will celebrate the winter! Susan will send out an email each week to let you know the plan for that week.



What You Need to Know



Traditional Chinese Culture

"Reviving 5000 years of civilization: Shen Yun"

Celebrate Chinese New Year at the Council on Aging! The year of the Monkey will begin on February 8. For people born in the year of the monkey (1920, 1932, 1944, 1956, 1968), 2016 is considered an auspicious year. On **Wednesday, January 20 12:30 PM** join Yiwei at the COA to learn about traditional Chinese Culture! She will discuss: What is the essence of traditional Chinese culture; The destruction of traditional Chinese culture; and a cultural revival through Shen Yun! Please join us!



WatchRx
Health. Dignity. Independence.

On Friday, January 15th at 12:30 PM, WatchRx would like to get your valuable opinion on our amazing award-winning invention - An all-in-one watch, with built-in phone and GPS, that helps seniors take their medications on time, and keeps family members connected. Please join us to see a demo of the watch and what it can do for you!

If you can't make it to this meeting, they will be back Monday, January 25 at 6:30PM.

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Thursday, January 21 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ♦ Senior service evaluation and coordination
- ♦ Senior-related crisis intervention
- ♦ Assistance in choosing housing, including assisted living and nursing facilities
- ♦ Transportation to medical appointments
- ♦ Help in obtaining public benefits
- ♦ Health benefits counseling
- ♦ Job placement through the Town and in the private sector
- ♦ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ♦ Legal counseling by an attorney
- ♦ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

COA Board Meeting

The next Board meeting will be held on **Tuesday, January 12 at 11:30 AM** in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

*** Winter Weather Policies ***

If the Bedford Public Schools are closed or delayed due to weather, the senior center programs will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT and Wheels of Life programs should call the COA about the status of their rides. Medical appointments will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

In the event of a long term emergency the town will broadcast emergency information on AM radio 1640 as well as on the town website www.bedfordma.gov. Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity. If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday January 6 at 10:00 AM**.

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesday and Thursday afternoons for drop-in assistance at 2PM to help those with questions about any aspect of computer use. *These folks also offer help with cellphones, tablets, and even your camera!*

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

THE COMPUTER CORNER



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The Financial Planner's Role in Estate Planning

Do You need Both an Attorney and a Financial Planner?

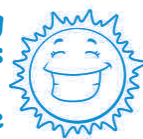
Come to this talk on **Monday, January 25 at 12:30** right here at the COA and learn why we think working with a team of competent advisors is a win for you. Specifically you will learn how a team can work together to: Organize your total wealth and eliminate financial confusion; Avoid mistakes on how you own your assets; Protect what you own from legal and medical risk; Eliminate the risk of death taxes and excessive probate expenses; Sidestep investment account blowups through proper beneficiary selection and account tilting...and more! Bonus: a discussion on whether attorneys and planners always agree on strategy. When do they differ and why? How do planners and attorneys view the value of the team approach to planning?

This will be an important discussion to help you make decisions on choosing who should be advising you and what you should expect from them. The value you will get from this knowledge alone will be worth your time and possibly save you hundreds of dollars!

**Dale J Tamburro, JD* Attorney at Law. Mr Tamburro leads up Tamburro Law Office in Belmont which handles estate planning and real estate law for individual, investor and business clients.

**Christopher Grande, MSIM, RMA®*. Mr Grande is Principal of Walnut Hill Advisors in Belmont. Chris advises people age 50+ through comprehensive financial planning and strategy as a flat fee Registered Investment Advisor.

If you know of someone who would benefit from a 'Get Well' or 'Thinking of You' card, please give the details to Alissa at the COA Front Desk, along with an address, and the *Sunshine Lady* will send them along!



JOHN KIENZLE PRESENTS:

THE ISIS CRISIS

DON'T MISS THIS INFORMATIVE LECTURE!

MORE INFO ON PAGE 1

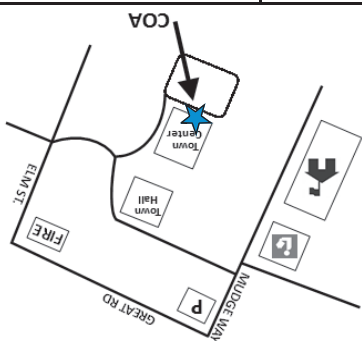


Dog B.O.N.E.S. Visits

Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support Stop in and visit with Reika & Kramer every Wednesday at 10:00. Ann & her dog Kobi drop by every Saturday 11:30-12:30! Also, keep your eyes open for impromptu visits all week by other volunteers!

**We're not just BINGO
and knitting!
(...but we do those, too!!)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit 'n Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge OsteoFitness Tap Dance 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold Acupuncture 7:30 Single Again	9:00 Exercise Fix It Shop 10:30 SongFest 11:00 Mah Jongg Dog Bones 1:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Dog Bones 1:00 Current Events Tai Chi! 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*



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